



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	152
PROTEIN	8.7 G
CARBOHYDRATE	7.2 G
TOTAL FAT	11 G

PREP TIME:	10 MINUTES
COOK TIME:	20 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1 PANCAKE
SERVINGS:	6 PANCAKES

INGREDIENTS:

2 TBSP	ORGANIC BUTTER
½ C	NON-FAT GREEK YOGURT
½ C	WATER
6	ORGANIC, OMEGA 3, FREE RANGE EGGS
2 TBSP	RAW HONEY
½ C	LOW-FAT COTTAGE CHEESE
1 C	ALMOND MEAL
1 TSP	BAKING POWDER
½ TSP	SALT



PUFFY PANCAKES

- 01 Preheat oven to 425 degrees F.
- 02 Place butter in a pie plate and melt in the oven.
- 03 Place all the remaining ingredients in blender and blend for 1 minute.
- 04 Remove pan from oven and pour batter into pie plate.
- 05 Bake until puffy and golden, about 20 minutes. Cut into wedges and serve with fresh strawberries and pure maple syrup.

✓ A super-easy tasty breakfast, great for company.

